

Upgrade 9 Program 1 at-a-glance

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1. Leg Press PlateLoad



X8 / 8 / 8 / /
X8 / 8 / /
X8 / 8 / /

2. Hip Abductor



X12 / 12 / / /

3. Hip Adductor



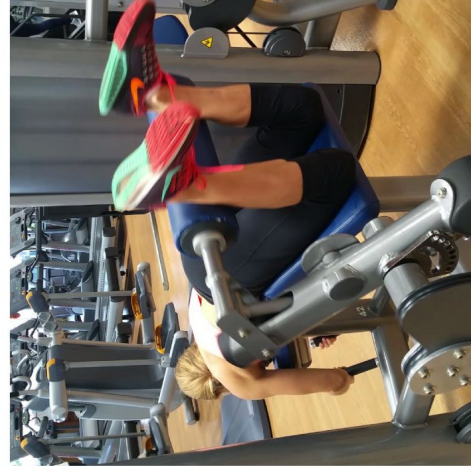
X8 / 8 / 8 / /

4. Leg Extension



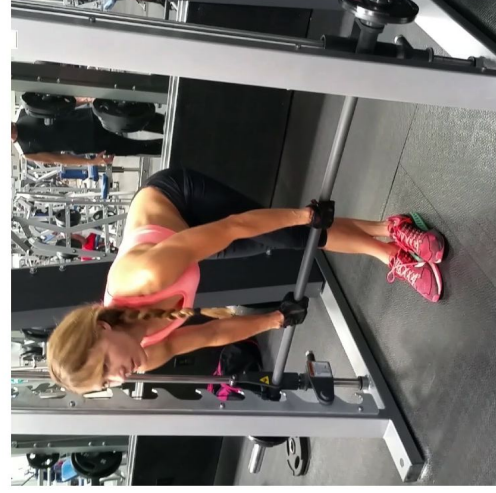
X12 / / / / / /

5. Face Down Thigh Curl



X7 / / / UP
X7 / / / Down
X7 / / / Full

6. Deadlift 1-leg crossed



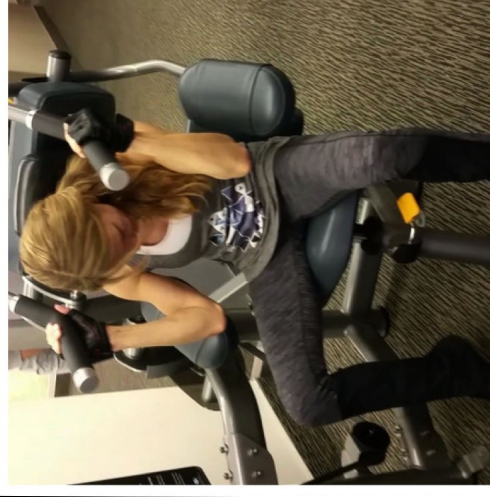
X8 / / / / X12 / /

7. Seated Calf



X12 / / / / / /

8. AB Crunch



X10 / / / / / /
X18 / / / X26 / /